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7-Day Energy Reset Protocol

A day-by-day dopamine recalibration guide with habit replacements, meal ideas, and reflection prompts for your first week.

By Day 7 You Will Have:

- Eliminated your 3 highest-dopamine drains
- Replaced them with 3 dopamine-building habits
- Reset your baseline energy and focus
- Started noticing calmer, more confident social presence
- Built the foundation for a permanent lifestyle shift

The 7-Day Plan at a Glance

Each day has one primary theme, a morning ritual, key habits to add, habits to eliminate, a meal suggestion, and an evening reflection prompt. Start on any day — but commit to all 7 in sequence.

Day	Theme	Primary Focus	Key Elimination
Day 1	The Audit	Map your dopamine drains honestly	Social media for the first 2 hours of the day
Day 2	The Substitution	Replace each drain with a dopamine builder	Binge content — one episode max per sitting
Day 3	The Body Reset	Movement + cold exposure + sunlight	Ultra-processed food and sugary drinks
Day 4	The Mind Reset	Deep focus work without interruption	Notifications — all non-essential alerts off
Day 5	The Social Reset	Real conversation over digital interaction	Passive scrolling — active engagement only
Day 6	The Sleep Reset	Optimise your sleep architecture	Screens 90 minutes before bed
Day 7	The Integration	Lock in your 3 permanent habits	Everything that didn't serve you this week

Protocol Rules

- ✓ No social media in the first 60 minutes of your day
- ✓ At least 20 minutes of natural light before 10am
- ✓ One cold shower or 30-second cold finish daily
- ✓ No alcohol for 7 days
- ✓ Complete the evening reflection every night
- ✓ Minimum 7 hours of sleep each night
- ✓ Complete the habit checklist before bed each day

Day 1 — The Audit — Know Your Drains

Theme: Awareness

You can't fix what you haven't mapped. Today is about honest observation — no changes yet, just clear-eyed documentation.

MORNING RITUAL	ADD TODAY	ELIMINATE TODAY
Wake without an alarm if possible. No phone for 60 minutes. Drink 500ml water immediately. 10 min outside.	Journal: list every dopamine drain you used yesterday (social media, snacks, news, games, etc.) and how long each took.	Social media for the first 2 hours after waking. Replace with journalling, walking, or reading.

- **No phone first 60 min**
  Charge it outside the bedroom tonight
- **500ml water on waking**
  Before coffee or food
- **Completed drain audit**
  Honest list of yesterday's dopamine inputs
- **10 min natural light**
  Outside, no sunglasses, before 10am

Evening Reflection: *Which drain surprised you most? What would your day look like without it?*

Day 2 — The Substitution — Replace, Don't Remove

Theme: Strategy

Willpower alone fails. Today you design the substitution system — one builder for every drain you identified yesterday.

MORNING RITUAL	MEAL SUGGESTION	ELIMINATE TODAY
5 min breathwork (box breathing: 4-4-4-4). Write your 3 drain-to-builder swaps before you start your day.	Eggs + avocado + berries. High protein breakfast stabilises dopamine precursors (tyrosine) all morning.	Binge watching — one episode maximum per sitting. Set a physical timer. Stop when it ends.

- **3 swaps written in journal**
  Drain → Builder for each identified habit
- **High-protein breakfast**
  Tyrosine-rich foods support dopamine synthesis
- **Max 1 episode of any show**
  Stop the binge loop at the source
- **5 min breathwork done**
  Box breathing: inhale 4, hold 4, exhale 4, hold 4

Evening Reflection: *Which swap was hardest to stick to? What made the builder feel rewarding or hollow?*

Day 3 — The Body Reset — Movement, Cold, Light

Theme: Physiology

Today targets the physiological foundation of dopamine: exercise raises baseline levels by 25%, cold exposure by up to 250%, and sunlight resets the circadian rhythm that governs your entire reward system.

MORNING RITUAL	EXERCISE TARGET	ELIMINATE TODAY
10 min outside light immediately on waking. End your shower with 30 seconds of cold water. Notice the shift.	30 min of any movement that raises your heart rate. Walk, lift, swim — choose what you'll actually do.	Ultra-processed food and sugary drinks. Replace with whole food, water, and black coffee or green tea.

- **30-second cold shower finish**
  Produces 250% dopamine spike lasting hours
- **30 min exercise completed**
  Any modality — consistency beats intensity
- **Zero ultra-processed food**
  Read labels — if you can't identify the ingredients, skip it
- **2L+ water consumed**
  Dehydration mimics fatigue and low dopamine

> **Evening Reflection:** *How did your energy differ from Day 1? What did the cold shower feel like mentally, not just physically?*

Day 4 — The Mind Reset — Deep Focus

Theme: Cognition

Fragmented attention is a dopamine symptom. Today you rebuild your capacity for sustained focus — one of the rarest and most attractive qualities a person can have.

FOCUS BLOCK	MEAL SUGGESTION	ELIMINATE TODAY
90 min of uninterrupted deep work on one meaningful task. Phone in another room. No music with lyrics.	Salmon + sweet potato + leafy greens. Omega-3s directly support dopamine receptor sensitivity.	All non-essential notifications. Go to Settings → turn off every badge and banner that isn't urgent.

- **90 min deep focus block**
  Timed, uninterrupted, single task only
- **All non-essential notifications off**
  Check messages at 3 scheduled times only
- **Omega-3 rich meal**
  Salmon, walnuts, flaxseed, or mackerel
- **Cold shower + exercise maintained**
  Don't break the chain from Day 3

> **Evening Reflection:** *When did you feel most tempted to switch tasks? What was driving the urge — boredom, anxiety, or habit?*

Day 5 — The Social Reset — Real Connection

Theme: Connection

Digital interaction is low-quality dopamine. Real conversation produces oxytocin, serotonin, and genuine connection — the neurochemistry of belonging and attractiveness.

SOCIAL TARGET

Have one meaningful conversation today — in person or on a call (not text). Ask a real question. Listen without planning your response.

MORNING RITUAL

Write 3 things you genuinely like about yourself. Not achievements — qualities. Read them aloud before you leave the house.

ELIMINATE TODAY

Passive scrolling. If you open an app, engage actively — comment, message, create — or close it immediately.

- **1 meaningful real conversation**
  In person or phone call — not text
- **Self-appreciation journal done**
  3 qualities, read aloud
- **Zero passive scrolling**
  Active engagement only or app closed
- **Full protocol maintained**
  Cold, movement, water, focus, no notifications

> **Evening Reflection:** *How did real conversation feel compared to digital interaction? What did you notice about your energy afterward?*

Day 6 — The Sleep Reset — Optimise Recovery

Theme: Recovery

Sleep is when dopamine receptors restore their sensitivity. Poor sleep is the single biggest suppressant of the attractive energy you're building this week.

EVENING PROTOCOL

Screens off 90 min before bed. Dim all lights. Temperature: 18–20°C. No caffeine after 1pm today.

WIND-DOWN RITUAL

10 min reading (physical book). 5 min body scan meditation. Write tomorrow's single most important task.

ELIMINATE TODAY

Screens in bed entirely. Charge your phone outside the bedroom tonight — use an alarm clock if needed.

- **Screens off 90 min before bed**
  Blue light suppresses melatonin by up to 50%
- **No caffeine after 1pm**
  Caffeine half-life is 5–6 hours
- **Bedroom at 18–20°C**
  Core temperature drop triggers deep sleep
- **Phone charged outside bedroom**
  Remove the temptation at the source

> **Evening Reflection:** *What's the biggest thing that's shifted in you this week — in energy, focus, or how you feel around others?*

Day 7 — The Integration — Lock It In

Theme: Permanence

Day 7 is not the finish line — it's the starting line. Today you identify which 3 habits produced the most noticeable shift and commit to making them permanent.

MORNING RITUAL

Full protocol — cold, movement, sunlight, no phone first hour. Do it without thinking. This is who you are now.

INTEGRATION EXERCISE

Write your "Post-Reset Identity Statement" — who you are now vs. Day 1. Sign and date it. Keep it visible.

COMMIT TO 3

Circle your 3 most impactful habits below. These become non-negotiables — not challenges, but identity.

- **Top 3 habits identified & written**
  The ones that moved the needle most for you
- **Identity statement written & signed**
  "I am someone who..."
- **Full Day 1–6 protocol completed**
  Finish strong — every habit, every checklist
- **Next 30 days planned**
  Which habits continue? Which do you layer in?

> **Final Reflection:** *Compare how you feel today to Day 1. What's different — in your body, your mind, your presence? What are you committed to keeping?*

"The dopamine detox is not about deprivation. It's about reclaiming your ability to feel alive from the inside — without needing the world to constantly stimulate you."